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### WHAT IS CLAIMED IS:

1. A light treatment apparatus for generating a pattern of spots over a treatment area, comprising:  
an optical module for generating an array of light beams, wherein the array is elongated along a sub-scan direction that is transverse to a main scan direction; and  
a sub-scan module coupled to the optical module for dithering the array of light beams in the sub-scan direction; wherein, for a sweep of the array along the main scan direction, a travel of the array in the sub-scan direction is not more than a length of the array in the sub-scan direction.
2. The apparatus of claim 1 wherein the optical module comprises:  
a fiber coupled laser diode.
3. The apparatus of claim 1 wherein the optical module comprises:  
a fiber laser.
4. The apparatus of claim 1 wherein the optical module comprises:  
a laser for generating a laser beam; and  
optics coupled to the laser for generating the array of light beams from the laser beam.
5. The apparatus of claim 1 wherein the optical module comprises:  
a plurality of light sources; and  
optics coupled to the light sources for generating the array of light beams from the plurality of light sources.
6. The apparatus of claim 1 wherein the optical module comprises:  
an optical input port for receiving one or more input light beams from an external source;  
and

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optics coupled to the optical input port for generating the array of light beams from the received input light beams.

7. The apparatus of claim 6 wherein the optical input port comprises an optical fiber.
8. The apparatus of claim 1 wherein the optical module generates all of the light beams simultaneously.
9. The apparatus of claim 1 wherein the optical module generates the light beams sequentially in time.
10. The apparatus of claim 1 wherein the sub-scan module comprises:  
a movable carriage that can be translated in the sub-scan direction.
11. The apparatus of claim 1 wherein the sub-scan module comprises:  
a light deflecting module configured to deflect one or more of the light beams.
12. The apparatus of claim 1 wherein the array of light beams is a rectangular array of light beams with N rows in the sub-scan direction.
13. The apparatus of claim 12 wherein  $N > 2$ .
14. The apparatus of claim 13 wherein the travel in the sub-scan direction is not more than a row-to-row spacing in the sub-scan direction.
15. The apparatus of claim 1 wherein the array of light beams is a  $1 \times N$  array of light beams.
16. The apparatus of claim 1 wherein the array of light beams has a length of about 1 cm in the sub-scan direction.
17. The apparatus of claim 1 wherein the sub-scan direction is perpendicular to the main scan direction.

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18. The apparatus of claim 1 wherein the travel of the array in the sub-scan direction is less than one half of the length of the array in the sub-scan direction.
19. The apparatus of claim 1 further comprising:  
a main scan module coupled to the optical module for automatically sweeping the array of light beams along the main scan direction.
20. The apparatus of claim 1 further comprising:  
a controller for adjusting a location and/or an exposure of the light beams to generate the pattern of spots.
21. The apparatus of claim 20 wherein the pattern of spots produces fractional phototherapy of the treatment area.
22. The apparatus of claim 20 wherein the pattern of spots is an irregular pattern of spots.
23. The apparatus of claim 20 wherein the controller is coupled to the sub-scan module for controlling the dithering of the array of light beams to generate the pattern of spots.
24. The apparatus of claim 20 further comprising:  
a main scan sensor for sensing the sweeping of the array of light beams along the main scan direction, wherein the controller is coupled to the sub-scan module and the main scan sensor and controls dithering of the array in response to sweeping of the array.
25. A method for generating a pattern of spots over a treatment area, comprising:  
generating an array of light beams, wherein the array is elongated along a sub-scan direction;  
sweeping the array of light beams along a main scan direction that is transverse to the sub-scan direction; and

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for a sweep of the array along the main scan direction, automatically dithering the array in the sub-scan direction, wherein a travel of the array in the sub-scan direction is not more than a length of the array in the sub-scan direction and the sweeping along the main scan direction and the dithering in the sub-scan direction generate the pattern of spots.

26. The method of claim 25 wherein the step of generating an array of light beams comprises: generating all of the light beams simultaneously.
27. The method of claim 25 wherein the step of generating an array of light beams comprises: generating the light beams sequentially in time.
28. The method of claim 25 wherein the array of light beams is a rectangular array of light beams with N rows in the sub-scan direction.
29. The method of claim 28 wherein the travel in the sub-scan direction is not more than a row-to-row spacing in the sub-scan direction.
30. The method of claim 25 wherein the step of sweeping the array of light beams along a main scan direction comprises:  
automatically sweeping the array of light beams along the main scan direction.
31. The method of claim 25 wherein the step of sweeping the array of light beams along a main scan direction comprises:  
manually sweeping the array of light beams along the main scan direction.
32. The method of claim 25 further comprising:  
adjusting an exposure of the light beams in the array.
33. The method of claim 25 wherein the pattern of spots produces fractional phototherapy of the treatment area.

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34. The method of claim 25 wherein the pattern of spots is an irregular pattern of spots.
35. The method of claim 25 wherein the step of automatically dithering the array of light beams in the sub-scan direction comprises:
  - sensing sweeping of the array along the main scan direction; and
  - controlling dithering of the array in response to the sensed sweeping of the array along the main scan direction.